## **Berry Blast Smoothie**

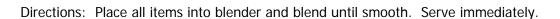
Preparation Time: 5 minutes

# of Servings: 8

Cups of F & V Per Person: 1 Serving Size: 1/8 recipe

## Ingredients:

- 2 cups blueberries
- 2 cups raspberries
- 2 cups strawberries
- 2 cups blackberries
- 1 cup cran-raspberry juice
- 1 cup low fat blueberry yogurt
- 2 cups ice



Nutritional Facts
Calories 100
Total fat 1g
Saturated fat 0g
Cholesterol 0g
Sodium 20g
Total Carbohydrates 25g
Dietary fiber 6g
Sugar 12g
Protein 2g

